

CIVILIAN WELLNESS PROGRAM ENROLLMENT INFORMATION

The Civilian Wellness Program (CWP) is 6 months in length which includes **three 1-hour sessions for exercise allotted weekly for participants**. The specific hours will be mutually decided between employee and supervisor. **This program will include an initial assessment / evaluation both before, mid-point and at 6-month completion of the program.** The program has continuous monitoring and education components for exercise, nutrition, mental health and other education.

The employee must complete appropriate documents included in this packet. Participants must attend **one 2-hour session for initial enrollment**. The first 2-hour session will include fitness and health assessments. At three months a re-assessment evaluation is performed to evaluate your individual progress (an hour of your exercise time is used for this appointment). A full assessment at the end of the 6-month program will provide a progress report.

To ensure commitment, the civilian participants are mandated to attend facilitated educational sessions one hour per month. **These educational classes are Mandatory. Two unexcused absences from these classes will result in disenrollment from the program.**

The results of participation in this program may be used in "outcomes research." Neither name nor personal information will be connected to this research. This data may include behavioral changes, physical measurements, sick leave use, worker's compensation claims, job satisfaction measures, and other measurements deemed appropriate by the Army Wellness Center (AWC) Staff . Once again, this information will not be reported by name or other personal information.

This is a first come, first served program. We are only accepting the first 150 applicants that return their completed packets, supervisor's clearance and physician's clearance.

Once the CWP packet is signed by all parties and returned your name will be added to the roster for the six month commitment (**Sep2012-March 2013**). It is highly encouraged that you check your e-mail weekly.

Packets available: 1 July 2012 (Pick up packets At Army Wellness Center, 1891 Prussman Blvd, Bldg 1843 on Ft. Carson Resilience Campus)

Packet turn-in: NLT 31 July 2012 (Army Wellness Center)

Mandatory Meeting: Aug 9th at 1400 (Army Wellness Center) Supervisors Information Briefing: Aug 9th at 1445 (Army Wellness Center)

Initial 2-hour assessment: Aug 17th 1400 (Army Wellness Center)

Initial 2-hour assessment: Aug 24th 1400 (Army Wellness Center)